

Copperhaven School Communiqué

December 22, 2022

Dates to Remember

- January 9 First Day Back to School After Winter Break
- January 12 School Cultural Performance- Dallas Arcand World Champ Hoop Dancer
- January 25 Copperhaven School Council 6:30-8:00 p.m. in the school library
- January 27 Family Literacy Day

School Immunization Program

Alberta Health Services Public Health Nurses will be onsite for teaching and immunization clinics (NOT covid) on January 20th for grade 9 students. Consent packages will go home at this time. If parents or teachers have questions or concerns please seek answers at <https://myhealth.alberta.ca/> or Health Link at 811

Traffic Frustrations

Copperhaven has struggled with traffic woes since our doors opened. Alberta Infrastructure designs and builds schools including parking lots. The City of Spruce Grove builds roads and the local infrastructure. Parkland School Division and the staff of Copperhaven are left to manage it all as best we can within the limits of our roles as educators.

We understand the frustration and even the desire to find someone to blame and to direct your anger towards. Our request is that it not be your fellow drivers, the bus operators (who are also struggling and on a transit schedule) , the bus transfer site supervisors or the staff of Copperhaven School. The Peace Officers and R.C.M.P. when on site are working to insure that all are safe and traffic flows as best it can given the physical limitations.

Patience is appreciated and the best solution for this first world problem.

Music Notes

It was wonderful to have families join us again for our concerts! Getting to perform for a live audience has been missing and it is amazing to see our students shine in the concert and beyond. Thank you for your support and taking time to be part of music here at Copperhaven School.

Choir Start-Up

Choirs will begin rehearsing in January during lunch recess - 11:50-12:20.

Grade 2-3 students interested in singing in the **Copperhaven Junior Choir** will have their first practice on Monday Jan. 16. The Junior Choir rehearsal schedule will be DAY 5 & 2.

Students in grades 4-6 interested in singing in the **Copperhaven Senior Choir** will have their first practice on Tuesday Jan.17. The Senior Choir rehearsal schedule will be DAY 1 & 4.

More detailed information will be handed out at the first rehearsal of each choir.

Mark your Calendar—Spring Concert - Thursday May 4, 2023

WE'RE HIRING!



Educational Assistant

MULTIPLE POSITIONS AVAILABLE

In this role, you would assist teachers with instructional and non-instructional tasks during class and with other school activities.

It's a great chance to get involved in the school community and become a valuable part of the classroom.

APPLY TODAY

psd.ca/employment/current-openings



PARKLAND
SCHOOL DIVISION



Wishing everyone a very Happy Holiday!

~See you in 2023~



Caregiver Education Team Newsletter

December 2022



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Lunch & Learn Sessions

Mindfulness

Benefits for the Whole Family

For adults, and parents and caregivers of children and youth in grades K-12

Part 1:

Tuesday, December 6
12:00 – 1:00 pm

Part 2:

Tuesday, December 13
12:00 – 1:00 pm

Evening Education Sessions

Understanding Autism

For parents and caregivers supporting youth in grades K-12

Wednesday,
December 14
6:00 – 7:30 pm

Participant Feedback

“Love the ease of online sessions! Thank you.”

“These sessions are so helpful. I'm grateful that they are put together and available...the time your team has put into these sessions has resulted in excellent, useful content. Thank you.”

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Sessions

December 2022



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Mindfulness

Benefits for the Whole Family

In these sessions, we will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in our families.

Part 1: Tuesday, December 6, 2022

Time: 12:00 – 1:00 pm

For adults, and parents and caregivers of children and youth grades K-12; for adults only.

Part 2: Tuesday, December 13, 2022

Time: 12:00 – 1:00 pm

For adults, and parents and caregivers of children and youth grades K-12; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

“Great session. Lots of info and helpful tips.”

“I have attended many of these sessions so far! I have been able to use what I have learned at home.... Also, as a health care professional in my career, helping and using the strategies that I have learned to support the families and children that I work with.

“Lunch hour worked well for me.”

Evening Education Sessions

December 2022



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth.

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Wednesday, December 14, 2022

Time: 6:00 – 7:30 pm

For parents and caregivers of children and youth grades K-9; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"This was a great session. It helped my family talk and understand each other's point of view."

"Thank you for putting this session on."

"All good and helpful, we truly appreciate this."



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Caregiver Education Team Newsletter

January 2023



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Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Sleep and Your Family's Mental Health

For adults, and parents and caregivers of children and youth in grades K-12

Part 1:

The Importance of Good Sleep Hygiene

Wednesday, January 18
12:00 – 1:00 pm

Part 2:

Setting the Stage for Good Sleep

Tuesday, January 25
12:00 – 1:00 pm

Body Image and Eating Disorders

For parents and caregivers supporting adults or teens (Grades 7-12)

Wednesday, January 25
6:00 – 7:30 pm

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and youth.

Part 1:

An Introduction

Tuesday, January 17
12:00 – 1:00 pm

Part 2:

Calming Our Bodies

Tuesday, January 24
12:00 – 1:00 pm

Part 3:

Settling Our Minds

Tuesday, January 31
12:00 – 1:00 pm

Participant Feedback:

"The speakers were easy to listen to and understand, the content was relevant, helpful and immediately applicable."

"You are providing important information. Thank you!"

Sessions at a Glance



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Caregiver Education Sessions

January 2023



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

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Sleep and Your Family's Mental Health

These sessions will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

Part 1: The Importance of Good Sleep Hygiene

Date: Wednesday, January 18, 2023

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Part 2: Setting the Stage for Good Sleep

Date: Wednesday, January 25, 2023

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

Date: Wednesday, January 25, 2023

Time: 6:00 – 7:30 pm

For caregivers of youth grades 7-12; for adults only

Participant Feedback:

“Thank you, this learning journey is so helpful for my growing family.”

“I really appreciated that we could participate within the session. All helpful information!”

“This was such informative content supported with charts, videos, concrete & helpful ideas to support parents & caregivers”.

Adult Education Sessions

January 2023



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

Date: Tuesday, January 17, 2023

Time: 12:00 – 1:00 pm

Note: For adults only.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Tuesday, January 24, 2023

Time: 12:00 – 1:00 pm

Note: For adults only.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Tuesday, January 31, 2023

Time: 12:00 – 1:00 pm

Note: For adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

“The virtual format is very convenient and makes it much easier to attend these sessions.”

“I liked the session format, especially the interactive part as it keeps you focused.”

“Length and time of presentation as well as content is great. The session was educative, interactive, and easy to practice at home. Keep up the good work.”



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